THERAPEUTICAL PRACTICES

757 General good health induced by sweat bathing, observing pregnancy, menstrual taboos, bathing in hot springs, taking some simple herb medicines, as salt-grass crystals in warm water every morning for laxative purposes, to clean out stomach. In sicknesses, before taking patient to shaman for treatment which partook of nature of religious ceremony herb medicines (ti·bo·hišt) might be administered by old man, woman. Such persons often doctored ailing members of family, without any singing ceremony; "anyone who knew the right medicine for an ailment would do this; 759 sometimes a herbalist would be sent for to treat 757 a sick person; in that event he'd be paid. People learned about the medicines from their parents or grandparents, or a man would know about a medicine and other people would pay him to tell them. [177] They learned a lot about medicines from the Mexicans, too. Now the witches have spoiled all the plant medicines except jimsonweed; they can't spoil that because it's too strong" (SM). In situations where shamans failed to effect cure, herb medicines might be administered after shamanistic treatment.

757 Ants also used as medicine; charms sometimes applied to body to relieve pain.

Plant, insect remedies.- Following plant, insect remedies, unless initialed otherwise, given by SM.

757 Piece jimsonweed root (mo·mo·ht), Datura
824 meteloides HBK., weed, about 12 in. long, dug,
278 washed, macerated, set to soak for day in 2 qts. cold water; in evening water strained, given to patient, who had abstained from food, drink for 3 days and had cleaned out stomach every morning during fast with bitter drink made from roots of reise blanco. After taking dose patient fell into stupor which lasted 12-24 hrs.; during this time he was turned from one side to other; if he lay on his back or stomach he would fail to revive. FP's father blew whistle when giving her jimsonweed (see Autobiography of FP). While under influence drug patient might walk around, but was watched carefully; sometimes had visions (Voegelin, 1935 b, 215); SM imagined row of fence posts were dancers in feather costumes when he took drug; MM one time saw man who told him to take jimsonweed again in week; next time MM took it he saw white lizard drop from his shoulder, black one from his knee; when he awoke his rheumatism had disappeared. Sometimes patients, upon advice of person seen in stupor, drank jimsonweed 3 times before they were cured.

Before digging root plant addressed briefly; drink could not be administered in summer as "the roots are all right then, but when it's hot you want water; if you drink water and then drink jimsonweed, you get bloated right away" (SM). If drug taken without fasting at least 3 days, dose immediately vomited.